



Grocery Plus

Healthy Food for Seniors



Delivered



Pick-Up



Enjoy!

Get Food and Facts

Grocery Plus offers monthly pantry essentials to help you maximize your food and nutrition. Monthly boxes are distributed at select sites throughout DC.

Who Is Eligible?

If you are 60 years of age or older, a resident of DC, and meet the income guidelines (see chart below), you are encouraged to apply.



48 CONTIGUOUS STATES AND DISTRICT OF COLUMBIA*				
Household Size	Federal Poverty Guidelines - 100% Annual	Elderly - 130%		
		Annual	Monthly	Weekly
1.....	\$12,880	\$16,744	\$1,396	\$322
2.....	17,420	22,646	1,888	436
3.....	21,960	28,548	2,379	549
4.....	26,500	34,450	2,871	663
5.....	31,040	40,352	3,363	776
6.....	35,580	46,254	3,855	890
7.....	40,120	52,156	4,347	1,003
8.....	44,660	58,058	4,839	1,117
For each add'l household member, add...	4,540	5,902	492	114

There's More!

When enrolled in Grocery Plus, you are also enrolled in The Senior Farmers' Market Nutrition Program (SFMNP). This program provides seniors with farmers market vouchers that are redeemable for produce at participating farmers markets during the summer months.

What's In A Box?

- Tuna, Chicken, and/or Beef
- Cheese
- Pasta and/or Rice
- Fruits and Vegetables
- Bottled Juice
- Peanut Butter
- Beans
- Cereal
- Milk
- Recipes
- Nutrition Tips



How Does it Work?

1. **Delivered** - Foods are delivered to the food bank and then to a convenient location for pick up by you or your proxy.
2. **Pick-Up** - Participants receive information on when, where, and how they can pick up their food box. Boxes are estimated at 30-40 pounds so access to a cart or a helping hand is strongly recommended
3. **Enjoy!** - the foods provided to create your own nutritious meal. Tips and recipes are also provided.

How To Apply?



Visit the **Grocery Plus Walk In Center** located at **5601 East Capitol St SE**

If you qualify you will receive a Grocery Plus box the same day!

The Grocery Plus Walk In Center is open :
Monday 8:30 am - 12pm
Tuesday—Friday 8:30 am—4 pm

For questions or directions, please call us at
(202) 644-9880



Grocery Plus is known nationally as the *Commodity Supplemental Food Program* (CSFP) and the *Senior Farmers Market Nutrition Program* (SFMNP).

This institution is an equal opportunity provider.